WELCOME

Mass One

ABOARD!

Commanding Officer
LtCol Ryan P. Allen

Executive Officer
Maj Jeff M. Steinkamp

Sergeant Major
SgtMaj Marinica Ariton

Family Readiness Officer
Ken Meredith

2018 version
**Volunteer Opportunities**

There are so many ways to get involved in the community that you are now a part of! Each week there is an “All Hands” email sent out with a list of current opportunities where volunteers are needed! People volunteer for a wide variety of reasons, especially wanting to help others. However, volunteering is also a way to help yourself!

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well. Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Adding your effort to the work of others makes everyone's lives better.

Local Agencies that rely on volunteers:
- Single Marine Programs—252-466-2037
- School Liaison Program (includes local schools)—252-466-7648
- Habitat for Humanity—Craven County—252-633-5512
- Habitat for Humanity—Carteret County—252-223-2111
- Youth Sports—252-466-5493
- Marine Corps Family Team Building—252-466-4637
- Local Fire Departments—252-447-2700 or 252-444-5284
- New Bern Civic Center—252-634-9057
- Humane Society—252-247-7744
- Boys & Girls Club—252-444-5437
- Havelock Recreation Center—252-444-6429

*Reasons to volunteer: it’s fun, resume enhancement, academic credit, make friends, share a skill, or to learn a new skill, to keep busy, and to make a difference!* To find more ways to volunteer contact the Volunteer Coordinator:

Jocelyn Jakubowski
252-466-4101

Keep in mind though that volunteers must be volunteers (Nobody can, or should, tell you to participate. While service members from the same unit may personally decide to participate together, no one in the unit's chain of command may direct such participation.) Volunteers must be on authorized liberty (Involvement in this activity needs to be on your personal time; not when you are in an official duty status. Similarly, military uniforms, and government materials and equipment intended for official use only, may not be used during your involvement in such events.)
Quick Reference

**Organization** | **Address or website** | **Phone Number**
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MASS-1 Duty | Bldg 4958 | 252-466-4113
FRO—Ken Meredith | kenneth.meredith@usmc.mil | 252-466-4248
Education Office | T&E Bldg. 4335 on “C” Street | 252-466-3500
Cherry Point Housing | http://www.cherrypoint.marines.mil/StaffOffices/MilitaryHousingOffice.aspx | 252-466-3602
L.I.N.K.S. for Marines | Bldg. 232 Cherry Point, NC | 252-466-5588
Station Chaplain | Bldg. 100 | 252-466-4000
Chaplain Duty | PMO 24 Hour Number | 252-466-3615
Semper Fit | http://mccscherrypoint.com/semper-fit/ | 252-466-4420
Military OneSource (24/7) | www.militaryonesource.mil | 800-342-9647
Marine Warrior Library | http://mccscherrypoint.com/programs/personal-professional-development/library/ | 252-466-3552

**Websites—**
http://www.macg28.marines.mil/MACG-28-Units/MASS-1

Family Readiness Module in MOL

With the Marine Online Mass Communication Tool, the Command Team can communicate electronically and simultaneously from a single location to the Marines and families of the unit. This allows the Family Readiness Officer to send out accurate, reliable, and official information to the family of Marines assigned to a unit in a rapid manner.

Information you can expect to receive via this tool includes:
- Official communications from the Commanding Officer via the Family Readiness Officer
- Information regarding unit family readiness and morale support events (Briefs, Family Days, L.I.N.K.S. sessions)
- Information regarding unit specific training and education opportunities.

Information you will NOT receive via this tool:
- We will not use this tool for “spam” such as sales at the exchange, movie theater schedules, and special events flyers for happenings in town or by MCCS.
- No classified or casualty information will ever be distributed via this tool.

All Marines whether single or Married need to update their information and add at least one contact. The link to the Family Readiness Module is located under the Personal Tab in MOL. When sending out emails using this module, Marines and families will receive an email from a “noreply@usmc.mil” email address. Please keep in mind that this is coming from the MASS-1 Family Readiness Officer.

Welcome Aboard Brief

**Spouses are Encouraged to Attend! 0900-1100**
The Welcome Aboard Brief is held the 3rd Wed of each month from 0900-1100 at Miller’s Landing. Attendees must be at the Station Theater NLT 0845 as the brief begins promptly at 0900. Marine’s must be in the uniform of the day (no flight suits) and you need to bring a pen or pencil. Spouse and Civilians employees new to the area are also welcome to attend! Please register by close of business of the Friday prior to the WAB. To register, call at 466-4637/7795.

2018 Welcome Aboard Dates

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 Marines 

The Cherry Point Library is one of the best libraries in the entire Marine Corps. The library provides a multitude of services including: Wi-Fi, e-readers, e-books, ipads, computer lab, photocopies, faxing, an online library catalog, college course help, and much more! Some of the online search engines available through the library can even be accessed from the comfort of your own room. View http://mccscherriypoint.com/programs/personal-professional-development/library/ to learn more! 

**Outdoor Connection**

*Why buy when you can rent?*

Party items: tables, chairs, canopies, ice chest, pig cookers, and much more. Camping equipment: tent, fishing pole, stove, mini grill, heater, canoe/kayak, and much more. 


**Auto Skilz Center**

The Auto Skilz facility is a state of the art DIY, 64 bay automotive center available for you to work on your cars, trucks, motorcycles and more. ASE certified technicians are available at all times to help guide you through a variety of mechanical repairs, such as oil changes, tire balance/rotations, brake replacements, or even rebuild your entire engine. A full line of OEM or specialty performance parts are available. Not just for cars anymore – we have new motorcycle lifts and specialty tools for all your street and off-road bike repairs. We also offer oil change services for spouses of our deployed Marines. For more information or prices call 466-2352 or visit http://mccscherriypoint.com/recreation-entertainment/autoskilz/

**Military & Family Life Consultant Program**

Military & Family Life Consultants (MFLC) aboard Cherry Point provide short term, situational, problem-solving services to Service Members and their families. Non-medical counseling services are offered in anger management, communication relationship issues, parenting, conflict resolution, deployment stress, coping skills, building resiliency, relocation adjustment, loss & grief and more. Services can be provided on or off military installations to individuals, couples, families or groups. MFLCs are mandated reporters of child abuse, domestic abuse and duty-to-warn situations, otherwise, all services are confidential and private and NO records are kept. MASS-1 has one embedded MFLC (Stacy Connor) she handles MASS-1 and MACS-2 she can be reached at (919) 608-7527 contact the MFLC to schedule an appointment.

**Military OneSource Do For You?**

- Career
- Education
- 24/7 Helpline
- Blogs/Troop Tube
- Plan My Move

**What Can**

- Military Life and Deployment
- Health & Relationships
- Family & Recreation
- Financial & Legal
- Crisis
- And MUCH MORE!
L.I.N.K.S.

The core values of the United States Marine Corps - HONOR, COURAGE and COMMITMENT - are demonstrated wherever Marines are engaged. They are bound together by the pledge to "take care of their own". The same holds true for the dedicated service of Marine families who empower themselves and each other in order to support family readiness, whereby positively impacting overall mission readiness. The program L.I.N.K.S. is part of ensuring mission readiness.

Becoming part of the Marine Corps family can be difficult when there is no one to show you the ropes. Let Lifestyle, Insights, Networking, Knowledge, & Skills (L.I.N.K.S.) be one way to welcome you to this unique, sometimes challenging, and very rewarding Military Lifestyle. L.I.N.K.S. is an orientation to "the Corps" through spouse to spouse mentorship and small group discussion. The program utilizes a partnership of volunteer spouses, Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists, Family Readiness Officers, and Chaplains. Experienced volunteer spouses, called Mentors, have dedicated themselves to welcoming you into this new lifestyle, and are excited to share their own experiences with you. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps culture and benefits, as well as available resources that will enable participants to help themselves.

Whether you've been a part of the Marine Corps for 2 months or 20 years, new discoveries and knowledge will be acquired. The L.I.N.K.S. class offers the opportunity to get to network! L.I.N.K.S. covers:

- Benefits and services that can be found on the base
- Information on moving in the military
- Pay benefits
- Financial management tips, to include LES information
- Deployment/Separation Issues
- Career options and progression in the Marine Corps
- Chaplain services
- How to get along with others
- How to keep in touch with your families
- And Much More!

L.I.N.K.S. is offered for:
- SPOUSES
- MARINES
- KIDS
- TEENS
- PARENTS

Celebrating Over 20 Years of Spouse Education
LEARN TO MEET THE CHALLENGES OF MARINE CORPS LIFE

252-466-4637

Naval Health Clinic

Important Phone Numbers to Remember:
Emergencies or Ambulance Service 911
Information/Quarterdeck 252-466-0266
Appointment Line 252-466-0921
TRICARE 877-TRI-CARE (874-2273)
TRICARE Dental (United Concordia) 844-653-4061

Sign up online today for Relay Health. This is a great tool to be able to communicate with your PCM. Visit: http://www.med.navy.mil/sites/cpoint/Patients/Pages/MedicalHome.aspx to learn more!

Two Rivers Theater

- Concessions
- Debit & Credit Cards Accepted
- Private Marine Events
- Concerts & Plays
  Two Crying Rooms for Parents with Babies

http://mccscherrypoint.com/recreation-entertainment/two-rivers/

Education Information

Whether you want to enroll in vocational or technical school, get your associate, bachelo-r, graduate, or postgraduate degree, Personal and Professional Development can get you there. Their mission is to enrich the quality of the entire military community by providing you with a broad range of high-quality personal and professional learning opportunities.

L.I.N.K.S. offers career counseling and information about:

- Military Classification Testing
- DANTES Subject Standardized Tests (DSST)
- Certification Exams
- College Entrance Exams
- Pearson VUE Credentials

NATIONAL TESTING CENTER:

- PP&D 252-466-4201
- Education 252-466-3500
- Tuition Assistance 252-466-3500
- Colleges and Universities 252-466-3500
- Testing 252-466-3500
- Career Assistance 252-466-4201
- Transition Assistance 252-466-4201
- Employment 252-466-4201
- Personal Finance 252-466-4201
- Retirement Services 252-466-5548
- Relocation 252-466-6759
- Information & Referral 252-466-6759
- Hours: Mon-Fri 7am-4:30pm

Schools Aboard the base:
- Craven Community College 252-466-5020
- Park University 252-466-2655
- Southern Illinois University 252-466-2779
- Boston University 252-466-2491
The Single Marine Program is geared toward Marines 18-25 years of age, living in the barracks, including geographical bachelors, single parents, and single officers. The primary purpose of the program is to enhance the Quality of Life, and improve the morale and well-being of all single and unaccompanied Marines and Sailors stationed aboard MCAS Cherry Point by directly involving them in the planning of services. Areas of concern involve recreation, health, wellness, and community involvement.

Meetings are held the last Thursday of every month at 1430, at The Roadhouse. Meetings are open for all to attend and all MCAS commands are invited to send a representative.

**Phone Number For the SMP Program**
- 252-466-3027

**Website (includes event calendar)** — [http://smp.mccscherrypoint.com/](http://smp.mccscherrypoint.com/)

**Squadron’s SMP Primary** is Cpl Lindsey Barroso 252-466-5337

**MASS-1 SMP Representatives:**
- **H&S Company:** Cpl Lindsey Barroso, Cpl Pickett
- **C/E Company:** Cpl Jacoby Ehrler and Cpl Sarah Melton
- **ASC Company:** LCpl Ronald Ramos, LCpl Alton Dixon

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**Welcome to Cherry Point Semper Family!**

For parents, the program offers assistance and support in easing the transition from one duty station to another. Ongoing support, information, resource materials, and advocacy are also available to parents of school age children.

The local schools benefit by having a direct contact person at Cherry Point who can help them understand the specific challenges military students experience and give them the necessary tools and support to help them succeed in their new academic environment.

Leafa Palmer
School Liaison Officer
PSC Box 8003
Cherry Point, NC 28533-0003
252-466-7648
palmerla@usmc-mccs.org

The School Liaison Office is located in Bldg. 232 on the corner of "E" St and 4th Ave.

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**Base Housing**

**Hours of Operation:** 0730 - 1630, Monday - Friday

**Location:** Building 298, E Street, MCAS, Cherry Point, NC 28532

**AMCC Mon - Fri:** 8:00am-5:00pm, closed Sat & Sun

**Phone:** Eric Ferrell 252-466-4794/Misty Hanson 252-466-3602

**For off station housing referral:** Brandee Spencer 252-466-5563/
Tracey Green 252-466-2071

Base housing is now run by the civilian organization AMCC Housing. There are guidelines for pets, waiting lists, application forms and status, and much more which can be found on the website: [http://www.cherrypoint.marines.mil/Staff-Offices/Family-Housing-Office/](http://www.cherrypoint.marines.mil/Staff-Offices/Family-Housing-Office/) or AMCC Havelock NC website at: [http://cp.atlanticmcc.com/havelock/havelock-nc/guest-card/contact-us/1](http://cp.atlanticmcc.com/havelock/havelock-nc/guest-card/contact-us/1)

Do you need temporary furniture and supplies? Call the Cherry Point Lending Locker at 252-466-4401.